

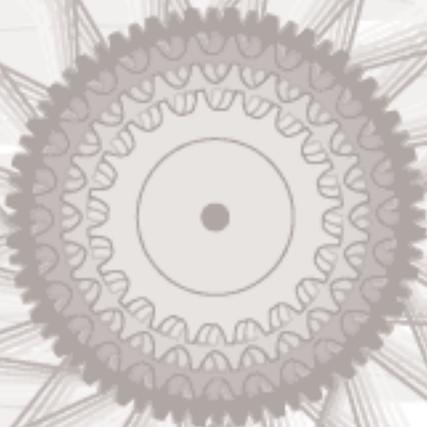
# QuickRelease

March/April 2005 • Volume 23, Issue 1

The Seasons Are Moving Along



Toronto  
bicycling  
Network



## Another Appeal

# Help Cyclon Continue!

Cyclon, TBN's annual cycling extravaganza weekend, is a summer highlight for many TBN members. In order to continue TBN's proud Cyclon tradition in 2005, we need a Cyclon Director or two Co-Directors. The Director(s), along with a team of volunteers, will organize the three-day event and undertake tasks such as booking accommodation and meals, and planning social activities. There's no need to pick a new venue or to prepare new ride maps- that's already been taken care of! If you'd like to volunteer or learn more about this important and rewarding position, please contact Trevor Woerner or Vanessa Busch right away at: [cyclon@tbn.ca](mailto:cyclon@tbn.ca)

## 2004 Hiking Report

By Terry Davison, Hiking Coordinator

The fall saw another successful season of TBN hiking on the Bruce Trail. After beginning the season in the snow at Singhampton, we moved south to warmer weather before our traditional finale in the Dundas Valley.

The nine hikes included one new and two significantly revised routes that added a little variety. See you on the trail again in October 2005!

## Ride Leader Clinic

**Date:** Saturday, April 2, 2005

**Time:** 9:30 AM to Noon

**Location:** Deer Park Library  
2nd Floor Program Room  
40 St Clair Ave. East  
One block east of Yonge,  
On the north side of St. Clair

**Please RSVP** to John Burdett,  
VP Touring,  
at [touring@tbn.ca](mailto:touring@tbn.ca) or 905-881-9259

# Winter is "Snow" Much Fun!

By Kathleen Ryan, VP Skiing

Are you pining for cycling season? Get out among the pines (and spruces, and firs) and try the next-best thing: cross-country skiing and snowshoeing!

We've had great interest in TBN's cross-country ski and snowshoe program so far, with a full bus every Sunday in January. With good snow and cold temperatures at the end of January, conditions were excellent.

On January 23rd the TBN Ski Bus visited Scenic Caves, a new resort located near Collingwood. Skiers were impressed by the gorgeous, extremely scenic views on the perfectly maintained trails as well as the excellent facilities and service.

During the February 6th trip skiers and snowshoers reveled in the spring-like +6C temperatures and good snow conditions in the natural forested splendour of Ganaraska Forest.

The cross-country ski and snowshoe program is set to continue through March, as long as snow conditions permit. On March 6th, the TBN Ski Bus will make a special trip to Arrowhead Provincial Park (near Huntsville). Arrowhead offers a wide range of winter activities: classic and skate skiing, snowshoeing, ice skating, and hiking. We'll be leaving an hour earlier to reach this far-flung destination; check the ski Web page or call the Hotline for more details. Other March destinations include perennial favourite resorts such as Wasaga Beach, Horseshoe Valley, and Hardwood Hills.

Peter Macdonald, our volunteer snowshoe leader, has led several snowshoe hikes this season and will be leading hikes at Wasaga Beach on the 13th and Horseshoe Valley on March 20th. According to Peter, if you can walk, you can snowshoe!

If you're interested in joining in the winter fun, be sure to sign up early to reserve your spot on the bus! Call the Hotline (416-760-4191, line 1) or email [xcski@tbn.ca](mailto:xcski@tbn.ca). If you must cancel your reservation, please call the Hotline or email the ski mailbox so that your seat is available for someone else.

For more information, check out the cross-country ski and snowshoeing webpage at [www.tbn.ca/nordic](http://www.tbn.ca/nordic)



Hardwood Hills - Photo by Dan Roitner



Hardwood Hills - Photo by Dan Roitner



Hardwood Hills - Photo by Dan Roitner



Scenic Caves - Photo by Patrick Lam

# Ski & Snowshoe Schedule

NOTE: Schedule is tentative only, and may change depending on weather and snow conditions; please listen to the TBN Hotline for weekly updates.

## TBN 2005 Sunday Cross-Country Ski Schedule

Date	Destination	Type of Trail	Length	Facilities	X-C Ski Trail Fee	X-C Ski Trail Fee + Rentals
Mar. 6	Arrowhead	GCS	33 km	PS, L	\$4.00	\$25/\$32
<b>NOTE: BUS PICK-UP TIMES ONE HOUR EARLIER!</b>						
Mar. 13	Wasaga Beach*	GC, SK	30 km*	PS, L	\$4.00	\$16.00
Mar. 20	Horseshoe Valley	GSC, GC	35 km	FS, L	\$17.00	\$38.00
Mar. 27	Hardwood Hills	GCS, BC	30km	FS, L	\$17.50	\$42.50

\* Wasaga Beach has 4.4 km for skate skiing.

## TBN 2005 Sunday Snowshoeing Schedule

On dates indicated with an asterisk (\*) a TBN volunteer will lead a snowshoe hike for up to 12 snowshoers.

Date	Destination	Length of Snowshoe Trails	Snowshoe Trail Fee	Snowshoe trail fee+ rentals
Mar. 6	Arrowhead	6 km	\$4.00	\$16.00
<b>NOTE: BUS PICK-UP TIMES ONE HOUR EARLIER!</b>				
Mar. 13*	Wasaga Beach	No formal trails, separate backcountry area	N/A	\$12.00
Mar. 20*	Horseshoe Valley	8 km	\$7.00	\$27.00
Mar. 27	Hardwood Hills	20 km	\$10.00	\$35.00



Hardwood Hills - Photo by Dan Roitner

## Editor's Note

Quick Release is published five times a year and sent to TBN members. TBN members are encouraged to submit articles and photos for publication to [newsletter@tbn.ca](mailto:newsletter@tbn.ca).

Quick Release copy editor is Kathleen Ryan, without whom this issue would have contained volumes of glitches, errors and stupidities. Welcome aboard to David Belford, who bravely offered to do the design and layout.

If you're moving or have moved, please send your new address to [memsec@tbn.ca](mailto:memsec@tbn.ca) or leave a message on Line 3, the Social & Membership Mailbox of the Hotline.

TBN Hotline phone number is **416.760.4191**

Carl Friesen  
Quick Release Editor

# Weekend Cycling Trips

## May 20-23 Allegany Amble

The tradition continues as TBN will again be visiting New York state for the Victoria Day long weekend. The destination for this popular trip will be Allegany State Park, about an hour's drive south of Buffalo. Accommodation is in rustic self-serve cabins. The terrain is moderate rolling to hilly for road touring, and there is also mountain biking right from your cabin door. Meals will be a group effort. Cost: TBA. Includes three nights' accommodation (last year it was about \$95 CAD). Cheque payable to the Toronto Bicycling Network.

**Contact: Dave Maclean,  
416-482-8033.**

## May 20-23 Great Niagara Freewheelin' Extravaganza

The Niagara Freewheelers Bicycle Touring Club presents its tenth annual Victoria Day weekend cycling trip to the villages and quiet rural roads of Mennonite country (Elora, Elmira, St. Jacobs, etc.). There are routes for all ride categories, from novice (30 km) to experienced (160 km). Accommodation is at the student residence of Wilfrid Laurier University in Waterloo. Cost: \$190, which includes three nights' accommodation, three breakfasts, two dinners, and a Sunday night social (Freewheeler members pay \$170; all pay \$20 extra after April 16). The application form (in Adobe Acrobat format) is available for printing at <http://tbn.ca/forms/gnfe2005.pdf> For further information, and hardcopy application forms email: [cycle@thefreewheelers.com](mailto:cycle@thefreewheelers.com). Incomplete applications will be rejected so please read them carefully, supply all mandatory information, and don't forget to initial and sign that waiver!

**Cover Photos: 1) Trail Riding at Horseshoe - Photo by Dan Roitner 2) Skiing at Hardwood Hills - Photo by Dan Roitner  
Illustration by Dave Belford**

# Retailers providing discounts to TBN members

There are now 36 retailers, tour operators, and fitness centres offering discounts to TBN members upon presentation of a current membership card (subject to the terms and conditions laid out by each retailer). Please refer to [www.tbn.ca/discount](http://www.tbn.ca/discount) for changes and additions.

## Badrockbikes.com

10% discount to TBN members.  
Submit membership number by e-mail, fax, or phone.

## Bayview Cycle Centre

3335 Bayview Ave  
10% off regularly priced merchandise

## Benjamin Sports

393 Donlands Ave  
35% off everything in store

## Bicycles at St. Clair

625 St. Clair Ave West  
5% off on parts and bicycles and a free tune-up on purchased bicycles

## Bike Zone

501 Lakeshore Road West, Mississauga  
10% off all parts, accessories and service

## Brown's Sports & Cycle

2447 Bloor St. West  
10% off regularly priced bicycles & cycling related parts and accessories

## Chain Reaction Bicycles

4231 Dundas St West  
10% off regularly priced parts & accessories

## Cycle Solutions (Beach)

615 Kingston Rd  
15% off regularly priced parts, accessories, & clothing

## Cycle Solutions (Cabbagetown)

444 Parliament St  
15% off regularly priced parts, accessories, & clothing

## Cyclemania (Danforth)

113 Danforth Ave.  
15% discount on purchases, does not apply to repairs

## Cyclepath (Bloor West)

1204 Bloor St. West  
10% discount on parts, accessories, clothing, repairs

## Cyclepath (Creditview)

1170 Burnhamthorpe Road West, Mississauga  
10% off non-sale items

## Cyclepath (North Toronto)

2106 Yonge St  
10% off parts and accessories

## Cyclepath (Oakville)

500 Speers Rd., Oakville  
15% off parts, 25% off labour; bikes discounted on an individual basis.

## D'Ornellas Bike Shop

1894 Lawrence Ave East  
15% off on cash or debit card purchases of regularly priced parts, clothing, helmets, shoes and accessories. 10% off if paid by Visa. 10% off any regularly priced bike.

## Detour Publications

500 University Avenue, 8th Floor  
10% off all regularly priced books, excluding shipping.

## Duke's Cycle

625 Queen St. West  
10% off all accessories

## Fitfix Health and Wellness

2409 Yonge Street, Suite 201  
Sign-up discount of 10% plus free nutritional assessment & fitness test.

## Gear Up - Ontario Cycling Expeditions

[www.gear-up.ca](http://www.gear-up.ca)  
15% off price of one of the tours

## Gears Bike & Ski Shop

176 Lakeshore Rd. West, Mississauga  
10% off regularly priced items. (Does not apply to spin classes!)

## Georgian Shores Cycling Tours

[www.georgianshores.com](http://www.georgianshores.com)  
\$15 off weekend tours  
\$25 off 3-day tours  
\$40 off 5-day tours

## High Park Cycle & Sports

2878 Dundas St West, Toronto  
Parts, accessories, clothing, labour: 5%  
Used & demo bikes: 15%  
New bikes: 10%  
With cash payment: additional 5%

## L & J Cycle

1144 Davenport Rd, Toronto  
10% discount off all regularly priced parts and accessories

## MBS Tandems

2694 Keynes Crescent, Mississauga  
10% off parts, accessories & labour  
5% off bicycles

## McBride Cycle

2923 Dundas St West, Toronto  
15% off all regularly priced in-stock items

## Pavan Cycle

2601 Matheson Blvd East, Unit #24, Mississauga  
10% off all products

## Pedlar Cycles

152 Avenue Rd, Toronto  
10% off regularly priced parts, accessories & service. Does not apply to bicycles or special order items.

## quad Spinning

580 King St. W., Lower Level, Toronto  
Receive a \$20.00 discount off any package.

## Racer Sportif

2214 Bloor St. West, Toronto  
10% off all regularly priced items, including bikes.

## Recumbent Trikes - Canada

[www.recumbenttrikes.ca](http://www.recumbenttrikes.ca)  
15% off regular price of Mueller Windwrap fairings  
5% off regular price of recumbent trikes

## Scholz Adventure Travel

[www.kanutrip.com](http://www.kanutrip.com)  
5% off any trip

## Set Me Free (High Park)

381 Roncesvalles Ave, Toronto  
15% off regularly priced parts, accessories & clothing  
5% off regularly priced bikes

## Set Me Free (Little Italy)

653 College St, Toronto  
15% off regularly priced parts, accessories & clothing  
5% off regularly priced bikes

## Urbane Cyclist

180 John St, Toronto  
10% off parts and accessories.

## Velotech

884 College St, Toronto  
15% discount for TBN Members.

## Wheel Excitement

249 Queen's Quay West, Unit 110, Toronto  
10% off: rentals, all non "sale" items, major tune-ups.



# Update on the Mandatory Cycling Helmet Bill

By Martin Koob

TBN Rep to the Toronto Cycling Committee

The Toronto Cycling Committee (TCC) primarily deals with municipal issues, since it is an advisory board to Toronto City Council. From time to time, federal or provincial issues come up at TCC meetings. Recently, a proposed provincial law regarding mandatory helmet legislation has been on the TCC's agenda.

On November 4, 2004 the Ontario Legislature gave second reading to Bill 129, a bill that would amend the Highway Traffic Act to make helmets mandatory for all those who ride a "bicycle, scooter, skateboard or other vehicle powered by muscular power" on a highway (read: road or street). The law would also require those who "in-line skate or roller skate" on a highway to wear a helmet. The effect of the bill is to extend the current law to cyclists over the age of 18 and users of other forms of human powered transportation.

After second reading, a bill goes to a committee, which considers it, makes amendments to it, and then refers it back to the legislature for third and final reading. The committee review stage can include public hearings on the issue. In this case, Bill 129 has been referred to the Ontario Legislature's Standing Committee on Social Policy.

At its November 15, 2004 meeting the TCC passed a motion to request that the Standing Committee on Social Policy hold public hearings on the bill to allow those affected to comment on it and propose amendments prior to the bill's third reading. Also included in that motion was a request that the TCC develop a position on mandatory helmet legislation that it would then present to the Standing Committee during those hearings. I have not yet heard when or if the Standing Committee will hold public hearings. The TCC has, however, started the process of developing its position on the issue.

At its January 17 meeting a draft position paper was presented and an informal discussion was held. There were views on both sides of the issues. No one said that wearing helmets was a bad idea, but there was discussion as to whether legislation was the best way to get people to wear helmets.

When it was my turn to state my position

I pointed out that TBN has a policy that all participants on TBN rides must wear helmets. I spoke in favour of helmet legislation with some qualifications. I feel that helmets do help reduce head injuries. Many of those who spoke in favour of the legislation at the meeting had personal experiences where wearing a helmet saved them from serious injury.

However, there can be problems with using legislation as a way to improve safety. Many of those concerns were raised at the meeting. People commented that tickets and fines would have the effect of discouraging people from cycling. It was also pointed out that a helmet law could be a financial disincentive to existing and potential cyclists because of the cost of purchasing a helmet.

These are valid concerns but I think that the best way to deal with them is to amend the legislation and ask the provincial government to take measures to address these concerns. These measures could include funding education programs before the law goes into effect. There also could be government programs to ensure that those with limited incomes (who could not otherwise afford to buy a helmet) get assistance to make that purchase. Other measures could be proposed based on comments from the public at the public hearings into the bill.

At the end of the discussion at the meeting a straw poll was conducted: nine TCC members were in favour of mandatory helmet legislation and five were opposed. This is not the TCC's final decision on the issue, as it will come back to the Committee at its March meeting. During the next few months the TCC's position paper will be updated based on feedback from the meeting and in March a revised position paper will be presented for a final vote. This process at the TCC will simply determine what position the TCC will ask the City of Toronto to take when the bill comes up for discussion, since the final decision on the bill will be made by the provincial government.

If the bill that was introduced in November passes third reading without any amendments or accompanying safety programs, it would simply be another way for police officers to ticket cyclists. I think that the TCC should take the position that it supports the principle of mandatory

helmet use but it should outline the amendments, regulations, and accompanying programs that are necessary to ensure the law achieves its goal of making cycling safer.

As the representative of the TBN at the TCC meetings, but I feel that in order to take a final position on this issue I must consult with the TBN Board and the membership to get their position on the issue when it comes to a vote in March. To provide your comments about the proposed bill, please email me at [tcc-rep@tbn.ca](mailto:tcc-rep@tbn.ca). I hope public hearings will be held, so that you will also have an opportunity to comment on the legislation directly.

I will post an article on the BikeToronto.ca website ([www.biketoronto.ca](http://www.biketoronto.ca)) with more information on the issue as it becomes available.

**WIN A \$50 GIFT CERTIFICATE!**

## Enter TBN's T-shirt Design Contest

Your chance to contribute to the next generation of TBN t-shirts is here! Enter your idea for a t-shirt design by filling out the t-shirt design submission form available at:

<http://tbn.ca/forms/tshirtcontest.pdf>

We are looking for designs that are eye-catching, informative, and even a little sexy. Submissions will be judged according to the ideas behind the design rather than your artistic skills. A graphic artist will render the winning design.

The TBN logo, web site address, and slogan must appear somewhere on the t-shirt. Please see the submission form for a complete set of contest rules and submission instructions. All entries must be received by mail by April 30, 2005.

Email questions to Imtiaz Mawji, [publicity@tbn.ca](mailto:publicity@tbn.ca), or call 416-569-6439.

# The Great EsSkate

By Martha Scott, Inline Skating Coordinator

Imagine...400 inline skaters whirring along the palm tree-lined streets of warm and trendy South Beach (SoBe), a dozen police cars escorting the throng of skaters so they can zoom along unhindered by traffic. Ahhh, that's The Great EsSkate. It's a weekend full of skating and social events that draws hundreds of passionate inliners from all over the U.S., Canada and as far away as England, Bermuda and Holland. In its sixth year and held each February, The Great EsSkate is the most popular of the big U.S. skate weekends.

This year, Toronto had its strongest presence ever with 15 skaters (8 first timers, 3 TBNers). Vancouver's Gerry Kimmel and Brian Larsen ("the force behind Vancouver's skating scene") rounded out the Canadian contingent. We all proudly displayed Canadian flag tattoos and somehow even managed to break the stereotype of the subdued Canuck. Just ask the likes of Steve from London, England ("No, I really don't know, what's a Canadian beaver?"), party-gal Christie from OK ("You Canadians are alright!"), and Anne from Atlanta and Eric from NYC (fellow beer drinking buds, singers, and ocean swimmers). After an event like this, you can't help but widen your circle of skating friends!

The Great EsSkate is a busy weekend but there's still time to explore. Our hotel, the Riande (ree-on-day), was conveniently located on Collins Avenue (with a pool and direct beach access, of course!). We strolled over to the well-known Lincoln Road pedestrian mall to shop and dine, along Ocean Drive (the heart of the Art Deco area made popular by Miami Vice), and even to the très chic Delano Hotel for cocktails (a "must see").

The only complaint I kept hearing was that the weekend wasn't long enough. So true, but there's always next year.

\*\*\* For a complete report and a link to pics go to

[www.tbn.ca/inline/GES2005](http://www.tbn.ca/inline/GES2005). Links to skating events like The Great EsSkate are on the inline webpage under "Special Events" at [www.tbn.ca/inline](http://www.tbn.ca/inline)

\*\*\* After creating TBN's inline program and running it for four years, I'm now stepping aside to allow others to contribute their energy and enthusiasm. I've had great fun but it's time for me to move on! I must acknowledge the support of other TBN members, most notably Owen Rogers, and the club culture itself for allowing me to get the program rolling. Thank you. -- Skate safe. Have fun. -- MS

Note: Kevin Mount is TBN's new Inline Skating Coordinator.



L to R: Team Toronto: Christine, Randy, Gord, Morgan, Richard H., Mischa, Derek, Gillian, Herb, Martha, Richard A., Joel. (Missing: Aaron, Dean, Tattia)



Martha, Gord and Gillian showing their colours.



## Notes from the VP of Touring

By John Burdett, V.P. Touring

We are looking forward to a great new season of road (and bike path) riding, mountain biking and in-line skating events this year. TBN will be offering a wide assortment of events at a variety of speeds and distances to suit almost everyone. Refer to the Ride Classification information, as well as the descriptions of the individual events to find what you are looking for.

As a volunteer run club, we are always looking for people to lead events. If you think you might be interested in leading rides, come out to one of the two Ride Leader Clinics we will be holding this year.

The first Ride Leader Clinic will be held in the Deer Park Library, 2nd Floor Program Room, on Saturday, April 2, 2005, from 9:30 AM to noon. The Deer Park library is located at 40 St. Clair Ave. East, one block east of Yonge on the north side of St. Clair. It is easily accessible by TTC, from either the St. Clair subway station or the St. Clair streetcar. Refreshments will be served.

A second Ride Leader Clinic is planned for mid to late May on a weekday evening. Refer to the TBN website for details.

Leading rides or other events is a great way to meet other members. Also, leading four events will earn you a free membership renewal for the following year, and attending one of the Clinics counts towards that total. For other events, all you have to do is complete the ride report and send it in within 30 days. Current leaders should attend a Clinic at least once every three years to remain up to date.

Please contact me to let me know if you plan to attend either of the clinics, or if you have any question about them, or anything else. I can be emailed at [touring@tbn.ca](mailto:touring@tbn.ca) or phoned at 905-881-9259.

Hope you have terrific time at the great TBN events that are planned for this year!

# Wednesday Wheelie Rides 2005

**MAR 23**

## **KING TO BRADFORD**

Time: 10:00 am

Ride from King through the Holland Marsh to Bradford.

Start: At the municipal parking lot located on the northwest corner of King Road and Keele Street. (Entrance off Keele Street, north of King Road)

Dist: 59 km

**MAR 30**

## **HORNBY TO CAMPBELLVILLE**

Time: 10:00 am

Ride from Hornby through Campbellville.

Start: Hornby Park. Exit Highway 401 westbound at interchange 328, Trafalgar Road. Go north to the lights, turn left, and proceed to Hornby Park.

Dist: 66 km

**APR 6**

## **UNIONVILLE TO MOUNT ALBERT**

Time: 10:00 am

Ride from Unionville to Mount Albert and Musselman Lake.

Start: Toogood Pond in Unionville. Go north on Hwy. 404, east on Hwy. 7, north on Kennedy Rd., left on Carlton Rd., right on Main St. and left on Toogood Pond Rd. (next road) into the parking lot.

Dist: 70 & 86 km

**APR 13**

## **KING TO SCHOMBERG ALTERNATIVE**

Time: 10:00 am

Ride from King through the Holland Marsh to Schomberg.

Start: The municipal parking lot located on the northwest corner of King Road and Keele Street. (Entrance off Keele Street, north of King Road)

Dist: 70 & 92 km

**APR 20**

## **SCHOMBERG TO CALEDON EAST**

Time: 10:00 am

Ride from Schomberg to Caledon East.

Start: The arena in Schomberg, just south of Hwy 9, west of Main Street. Schomberg is just west of Hwy 27 and south of Hwy 9.

Dist: 74 & 93 km

**APR 27**

## **STOUFFVILLE TO MRS. WIDEMAN'S BAKE SHOP**

Time: 10:00 am

Ride north from Stouffville with lunch at Mrs. Wideman's Bakery.

Start: North Stouffville Free Park, Stouffville. To get to Stouffville go north on Hwy. 404 to Stouffville Road. Go east to the Stouffville Free Park on the north side of Main Street past the train tracks and before Market Street.

Dist: 61, 76 or 84 km

**MAY 4**

## **SCHOMBERG TO ALLISTON/HOCKLEY**

Time: 10:00 am

Ride from Schomberg to the village of Hockley.

Start: The arena in Schomberg, just south of Highway 9 west of Main Street. Schomberg is just west of Highway 27 and south of Highway 9.

Dist: 72 or 88 km

**MAY 11**

## **DURHAM COLLEGE TO PORT PERRY**

Time: 10:00 am

Ride from Durham College to Port Perry for lunch.

Start: North parking lot of Durham College. To reach Durham College, exit Highway 401 east at Thickson Road, go north to Conlins Road, then east to the north parking lot at Durham College.

Dist: 60, 72 or 85 km

## TBN Sunday & Holiday Ride Classifications

### **LEISURE WHEELER**



Distances of 20-60 km, at speeds of 15-17 km/h, at a "leisurely" pace. Designed as a series of entry-level rides for novices, those returning to cycling after a long absence, and senior riders. Rides start at 10:00 am.

### **EASY ROLLER**



Distances of 20-60 km, at speeds of 15-20 km/h, at a relaxed pace. Routes are often on quiet streets and bike paths in the city and surrounding areas. Rides start at 10:00 am.

### **TOURIST**



**Tourist**  
Distances of 50-110 km, at speeds averaging 20-25 km/h, at a comfortable pace. "Short Tourist" designates rides in the 50-70 km range.

### **Advanced Tourist**

Distances of 120-200 km at speeds averaging 25-30 km/h at a brisk pace. These rides generally start at 8:30 am from late April to early October.

### **SPORTIF**



Distances of 90-200 km, at speeds averaging 25-35 km/h, usually at a fast pace.

### **COUNTRY CRUISE**



Rides of 40-120 km exploring the country roads of southern Ontario. Suited to cyclists of varying fitness levels. Participants set their own pace averaging from 18 km/h to 25 km/h. At least two routes are offered: a short route of 50-70 km and a longer route. Start points are typically within a 90-minute drive of Toronto. Carpoolers should offer \$5 to the driver for gas. Rides start at 10:00 am, unless otherwise stated.

## **OTHER RIDE PROGRAMS**

### **WEDNESDAY WHEELIES**



Rides of about 75 km suitable for tourist riders. Start points are within a one-hour drive of Toronto and stick to the same quiet roads that characterize our Sunday Country Cruise rides. Start times vary, usually 8:30 am during the hot summer months and 10:00 am at other times.

### **SATURDAY CRUISING SHORTS**



TBN presents short, scenic country rides with start points far enough removed from the city yet still within easy driving distance. Start time 9:00 am.

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# Ride Schedules

## Sunday, March 20

**KETTLEBY/MAPLE** - An undulating ride to the village of Kettleby, with lunch at Centro Bakery on the return trip. Longer and shorter routes possible.

Start: Finch, 10:00 am, Dist: 75 & 95 km

Class: Advanced Tourist, Tourist

## Friday, March 25

**UNIONVILLE BRUNCH** - Our traditional Good Friday excursion is a leisurely ride north to this historic village to enjoy a bit of pub fare at Jake's Pub & Grille.

Start: Finch, 10:00 am, Dist: 55 & 80 km

Class: Short Tourist, Tourist

## Sunday, March 27

**BOLTON HAMMER** - Two routes to Bolton, the longer one offering (a lot) more hills, followed by a rolling return route via Kleinburg.

Start: Finch, 10:00 am, Dist: 85 & 107 km

Class: Advanced Tourist, Tourist

Après: Slug & Lettuce

## Sunday, April 3

**TAYLOR CREEK RIDE** - Come and enjoy the bike paths in and around Taylor Creek Park.

Start: Shoppers World, 10:00 am, Dist: 26 km

Class: Easy Roller

Après: Tim Horton's

**MEANDERING MAPLE BAKERY** - Three routes to a terrific lunch stop at Centro Bakery in the town of Maple.

Start: Finch, 10:00 am, Dist: 65, 84 & 96 km

Class: Advanced Tourist, Short Tourist, Tourist

Après: Tim Horton's

## THE PRE-SEASON LEISURE

**WHEELER RIDE** - Jamie Hauyon has volunteered to lead these rides until the official start of the Leisure Wheeler season on April 17.

Start: Queen's Park, 10:30 am, Dist: 22 km

Class: Leisure Wheeler

## Sunday, April 10

**EDWARDS GARDENS** - A quiet ride to Edwards Gardens through trails and side roads. Bring lunch.

Start: Queen's Park, 10:00 am, Dist: 30 km

Class: Easy Roller

Après: Hart House

**HORNBY/CAMPBELLVILLE** - Explore some of the quietest roads in the Halton with lunch in the Campbellville and descent of Bell School Line, on the longer rides.

Directions: Meet for a 10:00 a.m. departure at the Hornby park. Exit Hwy 401 westbound at Trafalgar Road, then head North to Steeles Avenue and west to Sixth Line.

Distances: 55, 67 & 75 Kms.

Class: Country Cruise

**BOLTON HAMMER** - Two routes to Bolton, the longer one offering (a lot) more hills, followed by a rolling return route via Kleinburg.

Start: Finch, 10:00 am, Dist: 85 & 110 km

Class: Advanced Tourist, Tourist

**KLEINBURG CAPPUCCINO RIDE** - An undulating ride to lunch in Kleinburg.

Start: Finch, 10:00 am, Dist: 62 km

Class: Short Tourist

Après: Slug & Lettuce

## THE PRE-SEASON LEISURE

**WHEELER RIDE** - Jamie Hauyon will lead these rides until the official start of the Leisure Wheeler season on April 17.

Start: Queen's Park, 10:30 am, Dist: 22 km

Class: Leisure Wheeler

## Sunday, April 17

**LAKERIDGE PANCAKE RIDE** - Head to Hy Hopes Apple Farm in Glen Major for fresh-baked cookies and butter tarts. Bring a sandwich or have brunch at the annual Durham Kiwanis Pancake Weekend.

Start: Edwards Garden, 8:30 am, Dist: 119 & 134 km

Class: Advanced Tourist

**TODMORDEN MILLS RIDE** - Ease into the Leisure Wheeler season with a visit to historic Todmorden Mills via the Don Valley bike path.

Start: Queen's Park, 10:00 am, Dist: 24 km

Class: Leisure Wheeler

Après: The Second Cup

## TOUR OF THE RICH AND FAMOUS

Meander through the residential streets of Rosedale and Forest Hill. Enjoy the shady streets and quiet avenues.

Start: Queen's Park, 10:00 am, Dist: 30 km

Class: Easy Roller

Après: Hart House

**STOUFFVILLE RAMBLER** - Enjoy a spot of lunch at the Lion of Whitchurch pub in Stouffville. Long route via Claremont.

Start: Edwards Gardens, 10:00 am, Dist: 75 & 93 km

Class: Short Tourist, Tourist

Après: Jack Astor's

**DUNDAS & APOLLO VALLEYS** - The nooks and hollows West of Hamilton conceal some of the prettiest roads in Southern Ontario.

Directions: Meet for a 10:00 a.m. departure at the school on Harvest Road, just East of Hwy 504 in Greenville. To get there, take the QEW & Hwy 403 West to Hwy 6, North to Hwy 5, then West to Hwy 504 and South to Greenville.

Distances: 54 & 72 Kms

Class: Country Cruise

## Sunday, April 24

**CAMPBELLVILLE CLASSIC** - Follow the quiet backroads to the Trail Eatery in Campbellville.

Start: Kipling Subway, 8:30 am, Dist: 110 & 130 km

Class: Advanced Tourist, Tourist

Après: Tim Horton's

**ASPHALT TRAIL RIDE** - Explore the Martin Goodman, Don and Taylor Creek Trails after a brief start on the streets.

Start: Shopper's World, 10:00 am, Dist: 26 km

Class: Leisure Wheeler

Après: Coffee Time

**MAPLE BAKERY RIDE** - Head north for lunch at TBN's favourite bakery along a quieter route.

Start: Finch, 10:00 am, Dist: 35 km

Class: Easy Roller

Après: Tim Horton's

## KELSO CRUISE AND SCHMOOZE

We'll head out to Milton for lunch, but not before a climb up Bell School Line (yes, there is a shortcut).

Start: Kipling Subway, 10:00 am, Dist: 85, 93 & 110 km

Class: Sportif, Tourist

Après: Tim Horton's

**CREDIT RIVER CRUISING** - An undulating ride through the wilds north of Brampton.

Directions: meet for a 10:00 a.m. departure at Alloa School, on the North side of Mayfield Road, just East of Mississauga Road ( Mayfield Road is the second Road North of Hwy 7 ).

Distances: 47,66 & 90 Kms

Class: Country Cruise

## Sunday, May 1

**MT. ALBERT/UXBRIDGE** - Two routes to lunch in Uxbridge. Short tour heads to Goodwood.

Start: Finch, 8:30 am, Dist: 110, 131 & 143 km  
Class: Advanced Tourist, Tourist

**MIMICO CREEK EXPEDITION** - Cycle north along Mimico Creek to the Eglinton Trail, then west to the Humber and south to the Park.  
Start: Old Mill Subway, 10:00 am, Dist: 26 km  
Class: Leisure Wheeler  
Après: Coffee Time

**KINGSWAY RIDE** - Wander the lovely neighbourhood back streets of Etobicoke.  
Start: Etienne Brûlé Park, 10:00 am,  
Dist: 35 km  
Class: Easy Roller

**MUSSELMAN LAKE/MT ALBERT** - Choice of three routes and three lunch stops: Musselman Lake, Mt. Albert or Stouffville.  
Start: Finch, 10:00 am, Dist: 70, 84 & 115 km  
Class: Short Tourist, Sportif, Tourist  
Après: Slug & Lettuce

**BEELINE TO BOWMANVILLE** - A quiet undulating route from Oshawa to Bowmanville.  
Directions: Meet for a 10:00 a.m. departure in the North parking lot of Durham College. Exit Hwy 401 Eastbound at Thickson, North to Colins Road and East to Durham College.  
Distances: 62 & 76 Kms  
Class: Country Cruise

## Sunday, May 8

**BLACK HORSE CENTURY** - A hilly century exploring the northernmost reaches of Caledon and New Tecumseth with lunch in Alliston. Short tour settles for lunch in Bolton.  
Start: Finch, 8:30 am, Dist: 105 & 165 km  
Class: Advanced Tourist, Tourist

**MARTIN GOODMAN TRAIL** - Follow the Martin Goodman Trail along the shore of Lake Ontario past the Humber Bridge to the lighthouse.  
Start: Boardwalk Pub, 10:00 am, Dist: 26 km  
Class: Leisure Wheeler  
Après: Boardwalk Pub

**GUILD INN** - Shortened version of the ride to Guild Inn in Scarborough. Several lunch stop options nearby.  
Start: Grenadier Café, High Park, 10:00 am,  
Dist: 35 km  
Class: Easy Roller  
Après: Grenadier Café

**KETTLEBY SURPRISE** - An undulating ride to the village of Kettleby.  
Start: Finch, 10:00 am, Dist: 70 & 90 km  
Class: Short Tourist, Tourist  
Après: Slug & Lettuce

**TERRA COTTA RAMBLE** - Join us for the closest country cruise to Toronto before urban sprawl takes over. Weather permitting, we will pick up our lunch at Glen Oven Bakery in Glen Williams and enjoy it by the Credit River in Terra Cotta. A "well worth the effort" long tour lunches in Belfountain followed by a lovely ride on Forks of the Credit Rd.  
Directions: Shoppers World in Brampton, Steeles and Hurontario(HW 10), in front of Tim Hortons. Take 401 west to Hurontario go north to Steeles.  
Distances: 62 & 82 Kms  
Class: Country Cruise

## Saturday, May 14

**HOLLAND MARSH** - Our traditional first ride of the "Saturday Shorts" season is close to Toronto and combines some up and downs over the drumlins north of our mega-city with a close-up view of vegetable production starting in the Marsh.  
Directions: King City - Meet at the Municipal parking lot at the northwest corner of King Road and Keele Street in King City (north of Toronto).  
Distance: 60 Km  
Class: Cruising short

## Sunday, May 15

**QUEENSVILLE/GOODWOOD RIDE** - A hilly route with a brief interlude in the Holland Marsh. Late lunch in Mt. Albert or Goodwood.  
Start: Finch, 8:30 am, Dist: 120 & 140 km  
Class: Advanced Tourist, Tourist

**MAPLE BAKERY RIDE** - Head north for brunch at TBN's favourite bakery.  
Start: Finch, 10:00 am, Dist: 35 km  
Class: Leisure Wheeler  
Après: Tim Horton's

**LESLIE SPIT** - Cycle to the lighthouse at the end of the Spit to view the spectacular Toronto skyline, then return via the Don and Taylor Creek trails.  
Start: Boardwalk Pub, 10:00 am, Dist: 40 km  
Class: Easy Roller  
Après: Boardwalk Pub

**THORNTON BALES/NEWMARKET** - A hilly but scenic route to Newmarket for lunch on the shore of Fairy Lake. Long tour takes in the Marsh.  
Start: Finch, 10:00 am, Dist: 75 & 105 km  
Class: Short Tourist, Tourist

**SCHOMBERG TO CALEDON EAST** - A ride in the lovely countryside north of Schomberg with lunch in Caledon East. Rolling terrain.  
Directions: Take exit 55 off Highway 400 and head west on County Road 9 to 20th Side Road (first road west of Hwy. 27) and head south on 20th Side Road to the arena. (The arena is just west of Main Street.)  
Distances: 74 & 93 Kms  
Class: Country Cruise

## Common TBN Start Locations

**Boardwalk Pub** - Just east of the foot of Coxwell Avenue at Lakeshore Boulevard in the Eastern Beaches area. Woodbine Beach parking is \$5, but free street parking is available on both sides of Coxwell Avenue.

**Edwards Gardens** - The Edwards Gardens parking lot is located on the southwest corner of Lawrence Avenue East and Leslie Street.

**Etienne Brûlé Park** - The Etienne Brûlé Park parking lot is located at the junction of Old Mill Road and Old Mill Drive (around the corner and down the hill from the Old Mill subway station).

**Finch** - Finch Subway Park & Ride is on the northwest corner of Yonge Street and Hendon Avenue, one block north of Finch Avenue.

**Kipling** - Kipling Subway Park & Ride, North Lot on Subway Crescent, south of Dundas Street West and west of Kipling. Look for the signs.

**Shoppers World** - Danforth at Victoria Park (one block south of Victoria Park Subway Park & Ride) in front of Coffee Time Donuts.

**Queen's Park** - Near the King Edward statue, at the north end of the park, just north of Wellesley Street.

**Grenadier Café, High Park** - Follow the signs south from the intersection of High Park Avenue and Bloor Street West.

# MTB - The Other Bike Experience You're Missing

By Dan Roitner - TBN Trail Riders coordinator

Having ridden for many years on the road I have recently gained a renewed interest in bike riding thanks to mountain biking. Even though I have owned a mountain bike (MTB) since 1985, I have only done some serious riding in the last five years. Now in my forties, I feel like a kid again having some great FUN!

Although the two disciplines, road and trail riding, use a bicycle, trail riding is an altogether different experience from road riding. No day dreaming is allowed here, since the terrain challenges you at every turn, requiring you to focus and maneuver constantly. The name of the game is not great distances or supersonic speed but "cleaning" steep hills and staying on your bike when things get wild. Replace asphalt with clay, sand, mud, water, gravel, boulders, roots, logs and even snow and you have quite a challenge. Unlike the wide open road, trails are unpredictable. New trails are always calling me to explore what's over the next hill or around the next bend.

Not only are most of the rides out of town, where the air is fine, but in the forest there's no traffic - NO CARS! The trees provide shade and shelter from the hot sun or stormy days, so we ride right 'till December.

The Trail Riders group invites you try a dirt path instead of the asphalt. You will need a mountain bike and a few extra things. Read our webpage and find a ride you can start with. We have also beginner clinics, called Nobbie Newbie rides. This year we have added a second ride to the weekend schedule. Additionally, Doug is leading easy rides starting at the Don Valley Brickworks on Wednesday nights at 6:30.

Hope you can join us for some serious fun and to meet our MTB riders. The thrill might rejuvenate your love of cycling, if not expand it!

## TBN 2005 Trail Riding Spring Schedule

Dan Roitner and Doug McCorquodale  
416 699 2728, mtb@tbn.ca

### Sunday, April 3 DURHAM FOREST

10am start. We start the season with the traditional Durham snow ride. 25 km of single and doubletrack trails. With mixed forest and thick pines this fat-tire playground is sure to please. Easy to moderate, clay, sandy areas and white stuff.

Trail pass: Free, Facilities: parking

Trailhead: 401 to Brock Road exit, Pickering, north up Brock Rd about 23 km to Durham Rd. 21 (Coppins Corners), east 5 km to 7th Concession Rd., turn right, entrance is 1 km south on east side.

### Saturday, April 9 COULSON'S HILL

10am start. Small mixed wood lot north of Bradford. Winding 12 km of clay/gravel trails with logs, singletrack & fire roads

Trail pass: none, Facilities: none

Trailhead: From Bradford, take hwy 11/4 north to 11th Concession (Coulson Hill Rd). Turn west and follow for about 10 mins. [From the 400 exit 64 east towards Bradford, north on 10th side road, west 11th Concession.] York regional forest is on right side of road. Just before the bridge over Hwy 400.

### Sunday, April 10 DON VALLEY

#### Nobbie Newbie beginner ride

10am start. Come out on an instructional ride through the heart of Toronto. An easy 15km route will take riders through the basics of technique and trail safety. PLUS a 2 pm ride - for the new riders and anyone else

Trail pass: Free, Facilities: none

Trailhead: DVP to Bayview / Bloor exit and north on Bayview about 400 m. Toronto Brick Works parking lot. If you are coming from the north, or east travel 500 m south of Pottery Road.



Photo by Dan Roitner

### Sunday, April 17 GANARASKA FOREST

10am start. Ganaraska is a huge 100+ km forest, with x-ski loops and single track trails. Easy to moderate, sandy, large easy hills, a fast ride.

Trail pass: \$ 7, Facilities: outhouse

Trailhead: Hwy 401 east of Toronto take 35/115 north to Kirby, go east on Ganaraska Road (County Road 9) for 10km then go north for 4km on Cold Springs Camp Road to The Ganaraska Forest Centre. [www.grca.on.ca](http://www.grca.on.ca)

### Saturday, April 23 MANSFIELD

10am start. Come on out and enjoy the 40 km of single & doubletrack trails at Mansfield. Easy to extreme, hard pack surface, sandy sections, a few steep hills, training stunts Trail pass:

approx. \$8.50 Facilities: washrooms, bike rentals, snacks & drinks

Trailhead: 400 north to 89, travel west past Alliston & Rosemont, north on Dufferin Rd. 18 (Airport Rd.) go 10 km. Turn right at Mansfield Outdoor Center, (don't go to the ski hill on the left) [www.mansfieldoutdoorcentre.ca](http://www.mansfieldoutdoorcentre.ca) Note: check to website to confirm centre is open

### Sunday, April 24 DON VALLEY

10am start. NEW - Now a second ride added every weekend In the heart of the city this mainly single-track 15+km hilly trail offers fun for all who ride it. Moderate to extreme, clay based surface, gravel, sandy along river, logs, stunts, can be muddy or dusty (ride will be cancelled if it has just rained)

Trail pass: Free, Facilities: parking

Trailhead: park at Toronto Brick Works on Bayview Ave. south of Pottery Road.

Après drinks and bites at Whistlers

### Saturday April 30 HUMBER RIVER

10am start. **Nobbie Newbie beginner ride** Come out on an instructional ride through the heart of Toronto. An easy 15km route will take riders through the basics of technique and trail safety.

Trail pass: none, Facilities: washrooms, parking

Trailhead: Etienne Brule Park, south parking lot, off Old Mill road, about 1/2 km east of the Old Mill Subway Station

**Sunday, May 1  
RAVENSHOE**

10am start. With 15 km of single-track trails, Ravenshoe offers lots of roots, logs and stunts to challenge the rider, one of our hardest/favorite rides Moderate to extreme, hardpacked surface, fairly flat but very twisty, can be muddy

Trail pass: Free, Facilities: limited parking  
Trailhead: From the west or central areas: 404 north, exit Green Lane, east 300m to Woodbine Ave, north 5 km to Ravenshoe Road, east 9 km to McCowan Rd. and then south for about 500 m, parking on the right | From the east- north 48 (Markham Rd) to Ravenshoe Rd, west to McCowan Rd, south 600m

**Saturday, May 7  
KELSO**

10am start. Kelso Conservation Area features 16 km of single-track trails that weave and intertwine through trees, rocks and fields. One very large hill- tough going up, a blast going down. Fabulous views. Moderate, clay based hard pack with mud holes, limestone boulders  
Trail pass: \$7, Facilities: washrooms, snack bar, camping, swimming

Trailhead: NEW meeting location: Summit Gatehouse: 401 west to Hwy 25, south towards Milton, west on Hwy. 8 (Steeles Ave.) parking at Old Bell School Line  
[www.conservationhalton.on.ca/kelso.html](http://www.conservationhalton.on.ca/kelso.html)

**Sunday, May 8  
GREENWOOD**

10am start. This 15 km trail system covers flat river paths, boardwalks, fields, valley hills and goes into a small gravel pit. An easy to moderate ride close to the east side of the city.  
Trail pass: Free, Facilities: washrooms, parking  
Trailhead: Take the 401 east to Westney Rd. exit. go north through Ajax. Past Tauton Rd. is a road on the left - Greenwood Rd. Follow the Green wood Conservation Area signs and park at the far end lot.

**Saturday, May 14  
RAVENSHOE**

10am start. With 15 km of single-track trails, Ravenshoe offers lots of roots, logs and stunts to challenge the rider, one of our hardest/favorite rides. Moderate to extreme, hardpacked surface, fairly flat but very twisty, can be muddy  
Trail pass: Free, Facilities: limited parking  
Trailhead: From the west or central areas: 404 north, exit Green Lane, east 300 m to Woodbine Ave, north 5 km to Ravenshoe Road, east 9 km to McCowan Rd. and then south for about 500 m, parking on the right | From the east- north 48 (Markham Rd) to Ravenshoe Rd, west to McCowan Rd, south 600m

**Sunday, May 15  
YORK FOREST**

10am start. Come out and explore the north of Stouffville the - the Eldred King forest tract. 20km of mixed pines and hardwood with logging roads and new single track trails. Easy fast ride, sandy with a few hills. (Watch for horses and paddies)

Trail pass: free, Facilities: washrooms, parking  
Trailhead: Take hwy. 404 north, exit Aurora Rd. and head east, turn north on Hwy. 48 Markham Rd., drive 2.5km, parking lot entrance on left - Eldred King Woodlands.



Photo by Dan Roitner

**TBN Who's Who**

**TBN Board of Directors**

President	Loreto Manni	president@tbn.ca
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Tuesday Ravine Rides	David Peebles	416.534.7168
Wednesday Nights	Ron Fletcher	416.461.9695
Wednesday Wheelie	Bill Hannaford	416.482.2125

# TBN Hotline!

To best use TBN's voice mail system, follow these easy steps:

Dial **416-760-4191** to go directly to the main menu.

From the main menu press...

- 1** Cross-country skiing and snowshoeing day trips (January-March)
- 1** Weekend and holiday rides (April-December)
- 2** Weekday events
- 3** Social events & membership information
- 4** Inline skating
- 5** Weekend trips & Cyclon 2005 information

## Hotline tips:

- From the main menu you can make a selection at any time, and you don't have to wait for the message to finish. You can return to the main menu after making a choice, by pressing **2** at any time. After making a selection from the main menu, press **1** to leave a message related to your main menu choice.
- Please be sure to select the appropriate mailbox in which to leave your message.
- If you're not sure where to leave your message, please leave it in the Social & Membership mailbox (i.e. press **3** from the main menu, then press **1**).

TBN's Spring Dinner Dance is on May 14!

### Where?

Ashbridge's Bay Yacht Club, at the foot of Coxwell Avenue

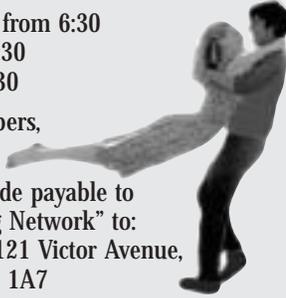
**When?** Cash bar from 6:30

Dinner 7:30

Dance 8:30

**Cost?** \$28.50 for members, non-members \$5 extra

**How?** Mail a cheque made payable to "Toronto Bicycling Network" to: c/o Ron Fletcher, 121 Victor Avenue, Toronto ON M4K 1A7



Please note: The Yacht Club's new policy is that dinner numbers must be confirmed six days in advance, with no changes or refunds permitted.

Therefore, be sure to book by May 7 at the latest, as no last-minute attendees can be accommodated.

Thank you.

For more information, phone Ron Fletcher at 416.461.9695



Friday Night Skating - Above - On the rink at Withrow Park. Right - Après at Golden Griddle



## MOVING?

Send changes of address and corrections to: [memsec@tbn.ca](mailto:memsec@tbn.ca) or leave a message on Line 3, the Social & Membership Mailbox of the Hotline



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